

Knowing 4 and 5 Year Olds Socially and Emotionally

Sharing and Turn Taking

We play games **involving turns, patience and self-control** and don't always let the same children win or choose the activity. Breaking down an activity **into small manageable steps** with a degree of predictability helps to build this important skill.

[Open the link to find out more](#)

Reactions

Disagreements among children are very common – **they're part of learning how to get along**. Children could react by shouting or hitting. Children are still learning to control their emotions, so this isn't unusual. Disagreements can be a great chance for your child to **practise the social skills they'll need as an adult**.

[Open the link to find out more](#)

Being in Reception means learning to **share space, stories and emotions**, and that's not always easy.



What does Personal, Social and Emotional learning look like in the Early Years?

[Open this link to find out more](#)

At George Street we believe in developing the **whole child**. These focus areas are the fabric of how we do this. They are all vital in allowing children to **learn, practise and therefore be able to independently use techniques and strategies** which support their social and emotional development.

Children could be different at school. **This is expected** as they are **adjusting to a new environment** and a class of 30 children.

Friendships

Being friends does not always mean agreeing or getting along and arguments between friends are normal. Learning to **avoid unnecessary conflict and also resolve and make up** are useful skills as we learn to get along with people.

[Open the link to find out more](#)

Self-Regulation

If children are able to label emotions and subsequently recognise when and why they feel a particular way, it will help them to bounce back from any challenges and difficulties. It is vital for situations to exist for children **to not feel happy and therefore need to learn how to regulate their emotions**.

[Open the link to find out more](#)

Discussing events from the school day

You might never fully understand what has actually happened, as your child's view may be distorted since their **emotional intelligence and communication skills are only developing**. Listen, reassure and empathise as **their opinion matters**.

[Open the link to find out more](#)